

**Air Force Prime Time**, a weekly news magazine for and about airmen stationed overseas, airs Thursday evenings at 8:25 p.m. Central European Time on AFN television. In this week's edition, the path to the Air Force beret gets tougher; after 49 years, Radio Croughton says farewell; the winners of the Air Force supply and fuels competition and more.



## News briefs

### Wing commander reassignment

Gen. Michael Ryan, Air Force chief of staff, announced late last week that Brig. Gen. Don Hoffman, 52nd Fighter Wing commander, is being assigned as the 31st Fighter Wing commander at Aviano Air Base, Italy. A reporting date has not been announced.

Col. Gregory Ihde, NATO Allied Air Forces Central Europe senior U.S. representative and director of staff at Ramstein Air Base, has been selected to replace Hoffman.

### Court-martial

A panel of officers sentenced Airman 1st Class Cory Schaefer, 81st Fighter Squadron, to six months confinement, six months total forfeitures and reduction to airman basic during a general court-martial Jan. 11.

He pleaded not guilty to the two charges against him. The court found him guilty of conspiring with Airman Kenyatta Jackson in June to steal money and rob currency equal to 35,000 DM from the Herfort Raiffeisenbank. The two had previously discussed the robbery and how to carry it out.

### Waste pick up

Municipal solid waste pick up for the Binsfeld government-leased housing area is:

■Regular trash: Jan. 30; Feb. 13 and 27; March 13 and 27; April 10 and 24; May 8 and 22; June 5 and 19; July 3 and 31; Aug. 14 and 28; Sept. 11 and 25; Oct. 9 and 23; Nov. 6 and 20; and Dec. 4 and 18.

■Bulk trash: June 20 and Dec. 12.

■Paper and yellow bags: Today, Feb. 16, March 20, April 19, May 21, June 25, July 23, Aug. 20, Sept. 17, Oct. 16, Nov. 15 and Dec. 13.

Residents can also visit [www.bitburg-pruem.de](http://www.bitburg-pruem.de) or the base intranet "miscellaneous"

See Briefs, Page 2

# Eifel Times

Vol. 35, Issue 2

Spangdahlem Air Base, Germany

Jan. 19, 2001



Senior Airman Esperanza Berrios

### New countdown

Back to front, Tech. Sgt. Franklin McElhaney and Airman 1st Class Brian Groves of the 52nd Security Forces Squadron hang up the 52nd Fighter Wing's new DUI countdown sign at the base's front gate. The new counting system began at 52 days Jan. 1 and counts down. When the wing goes 52 days without a DUI, wing agencies earn a down day based upon mission capabilities, McElhaney said.

## Spang captains head for Pentagon

**RANDOLPH AIR FORCE BASE, Texas** — The Air Force has selected 50 captains, two from Spangdahlem Air Base, to take part in the 2001 Air Force Intern Program. The board convened at the Air Force Personnel Center Dec. 11, choosing the 50 from a field of 352 line and non-line officers nominated for the program.

The Spangdahlem AB selects are Capt. Michael Ingersoll, 52nd Fighter Wing, and Jill Scheckel, 52nd Medical Group.

Wing commanders or the equivalent could nominate up to 7 percent of their captains who had less than three years time in grade to meet the AFIP board.

The board selected 45 line officers and one primary from the Nurse, Biomedical Service, Medical Service, Judge Advocate General's Department and Chaplain Service Corps. Those selected begin the first phase of AFIP June 15.

AFIP, in its seventh year, provides an opportunity for captains to sharpen their leadership skills. It's a fast-paced 13-month program designed to develop tomorrow's leaders, according to Maj. Richard Young, AFIP chief and Professional Military Education Outplacement at AFPC.

"AFIP combines hands-on experience as an intern on the Joint Staff, Office of the Secretary of Defense, Secretary of the Air Force, or Air Staff arena with graduate courses in leadership and management at George Washington University," Young said.

Beginning June 15, the new interns begin a month-long orientation to give them a better feel for how the Air Force

See Intern, Page 2

## Ticket to winning \$1 million in hands of wing community

By Tech. Sgt. Rich Romero  
52nd Fighter Wing Public Affairs Office

No one in their right mind would toss a winning lottery ticket onto the ground, yet many of the same people don't hesitate to "accidentally drop" a piece of garbage.

Surprisingly, that one piece of garbage potentially equates to a winning lottery ticket in the eyes of installation excellence evaluators.

While much more effort went into play, simple attention to detail aided the 52nd Fighter Wing in earning \$500,000 as one of three finalists in the 2001 Commander in Chief's Installation Excellence Award competition. There's more where that came from, to the tune of \$1 million in total award money, should Spangdahlem Air Base win it all.

"Every single member of Team Eifel benefits from this money," said Brig. Gen. Don Hoffman, 52nd Fighter Wing

commander. "This money is ear-marked solely for quality-of-life improvements. Potentially, this is the biggest event of the year for the base."

Spangdahlem AB competes against Kadena Air Base, Japan, and Seymour-Johnson Air Force Base, N.C. Kunsan AB, Korea, won the award last year.

Crunch time is just around the corner, though, as the 2001 evaluation team visits the base Feb. 9-13 to see if Spangdahlem AB deserves top honors, said Maj. Brad Hebing, base installation excellence project officer.

The team uses various criteria, which will be explained more in-depth as their visit nears. In essence, they'll evaluate how Team Eifel improves work environments and quality of life, increases customer service, promotes unit cohesiveness, encourages communication, and promotes environment compliance and stewardship, Hebing said.

Although the focus is mainly on how well the wing operates as a unit, he stressed overall appearance and enthusiasm go a long way in these types of competitions.

"The cleanliness of a base makes a real impression on visitors," Hebing said. "Comments from commanders of past award-winning bases point out the importance of appearance."

One such officer was former 52nd Fighter Wing commander and 1999 Installation Excellence evaluation board member Brig. Gen. Scott Van Cleef.

"I would encourage everybody to get out, clean up around their units . . . around housing areas," Van Cleef said before the 1999 judging.

Imagine how someone would feel if they did in fact toss out a winning lottery ticket. "Hopefully, if we all pitch in and each do our part, we won't experience a similar feeling of missed opportunity," Hoffman said.

## Intern

### Continued from Page 1

interacts with other military organizations and federal agencies to provide for the defense of the nation.

Orientation activities include tours of the Central Intelligence Agency, the naval facilities at Norfolk Naval Base, and Marine Corps operations at Quantico, plus sessions with members of the National Security Council and the Department of State. Additionally, representatives from the Drug Enforcement Agency, Defense Intelligence Agency, Federal Emergency Management Agency and other federal organizations brief the interns on the

operations of their agencies.

After this month-long orientation, all interns take graduate-level classes in leadership and management at George Washington University throughout the fall. The interns work two six-month rotations in positions on the Air Staff, the Air Force Secretariat, the Joint Staff or Office of the Secretary of Defense.

"To expand the functional knowledge and experience of these young officers, one six-month rotation will be in an area related to the intern's primary career field," Young said. "The other rotation will be served in an unrelated area to broaden their experience base."

### Vehicle headlights

Vehicle headlights should be adjusted periodically. Misadjusted headlights may blind other drivers, causing safety hazards, according to 52nd Fighter Wing Safety. Check owner's manuals for instructions on how to properly adjust headlights or visit a mechanic.



Staff Sgt. Tim Cook

### Helping those who help themselves

Senior Airman Esperanza Berrios, 52nd Communications Squadron, helps Tech. Sgt. Douglas Beck, 52nd Supply Squadron, create a cover for an awards package in the 52nd CS's new self-help area in building 132. Call 452-6555 for more information.

## Briefs

### Continued from Page 1

link for trash pick-up dates. Call the Spangdahlem Air Base housing office at 452-6036 or the environmental flight at 452-6082 for details.

### USAFE anniversary

**RAMSTEIN AIR BASE, Germany** — U.S. Air Forces in Europe, the oldest Air Force major command still active, celebrates its 59th anniversary January 19th.

From the days of Eighth Air Force in 1942 to the present, USAFE has etched an illustrious history. It directed the United States' strategic bombing campaign against Axis Europe, significantly contributing to Allied victory in World War II. After the war, it operated the famous Berlin Airlift.

"Although USAFE has changed considerably since its creation in 1942, its mission has remained constant: to defend freedom and democracy in Europe and adjacent regions," said Dr. Jay H. Smith, command historian.

The end of the Cold War did not slow USAFE's operational pace. In 1991, the command deployed 15 percent of its personnel, 55 percent of its aircraft and 33 percent of its munitions in support of coalition forces opposing Saddam Hussein and Iraq. Today, a decade later, USAFE personnel continue to participate in operations to enforce "no-fly" zones in both northern and southern Iraq.

By the mid 1990s, USAFE had become heavily involved in Yugoslavia. It participated in NATO's Operation Deny Flight to enforce a United Nations "no-fly" zone over Bosnia, and USAFE also proved a mainstay in NATO's Operation Deliberate Force by helping to bring the opposing parties to the peace table in 1995.

USAFE went to war again in March 1999, when NATO launched air attacks on Yugoslavia to halt military action in Kosovo and compel the Yugoslav government to accept an international settlement of the Kosovo dispute. In addition, USAFE played a leading role in Joint Task Force Shining Hope, providing immediate humanitarian relief to more than 450,000 Kosovar Albanian refugees in Albania and Macedonia. (USAFE News Service)

### Annual awards banquet

The 52nd Fighter Wing annual awards banquet takes place Feb. 24 in the Spangdahlem Air Base fitness center.

This year's theme is, "America's Air Force - No One Comes Close." Ticket prices will be announced once determined. More information will be printed once it becomes available.

### Air Force secretary steps down

**WASHINGTON** — After almost six years of service in the Defense Department, F. Whitten Peters is stepping down from his post as Air Force secretary effective Saturday.

Peters has held the highest civilian post in the Air Force since August 1999. Prior to becoming secretary, he also served as the acting secretary and undersecretary of the Air Force from 1997 to 1999 and as principal deputy general counsel, Department of Defense, from 1995 to 1997.

Peters has not announced his future plans. (Air Force Print News)

### EQUAL listing

**RANDOLPH AIR FORCE BASE, Texas** — The latest Enlisted Quarterly Assignment Listing of available overseas returnee enlisted assignments becomes available at military personnel flights and on the Air Force Personnel Center's Web site Monday.

This list includes assignments for people eligible to return from overseas in May through July.

Personnel officials recommend assignment preferences be updated by Feb. 2 to ensure the information is updated in the computer system before actual assignments are made. Assignments will be released on or about Feb. 19, AFPC officials said.

People can access the list via the AFPC Web site at [www.afpc.randolph.af.mil](http://www.afpc.randolph.af.mil). (Air Force Print News courtesy of Air Force Personnel News Service)

### Travel card on-line account access

**RAMSTEIN AIR BASE, Germany** — Government Travel Card holders now have on-line access to their accounts to check account information.

Travelers have immediate access to see exactly how much they owe before filing travel vouchers or requesting split disbursement, said Capt. James Lee, chief of command pay and entitlements for U.S. Air Forces in Europe. The system also allows account holders to update their address and phone number, dispute a billing transaction or request a copy of a sales draft.

This web-based system is known as the Electronic Accounts Government Ledger System, or EAGLS. It's a security-encrypted system designed to help customers perform everyday inquiries.

Cardholders should contact their unit's agency program coordinator to get access. The Government Card Services Unit technical help desk at 1-888-317-2077 can address

questions concerning EAGLS. Customers with account questions may call the contractor customer service unit at 1-800-472-1424. (USAFE News Service)

### Comptroller squadron news

■ Civilian employees who moved to Spangdahlem Air Base last year may be entitled to relocation income tax allowance. The payment helps defray the additional tax burden of civilian PCS travel entitlements.

■ As of Feb. 1, all new or changed allotments must be paid electronically. Child support payments to courts and foreign business payments are exempt.

■ People on official travel must use the local travel management office or SATO office for airline tickets. Failure to arrange travel through TMO may result in travel expenses not being reimbursed. If an emergency arises while TDY and flights need to be changed, call SATO's 24-hour help line phone number printed on the flight itinerary.

■ Split disbursement offers another way to pay government credit card bills. Check the split-disbursement option on the travel voucher and specify how much should be paid.

Call the 52nd Comptroller Squadron customer service office at 452-6730 for more information.

### Military liaisons needed

The U.S. Air Force seeks volunteers of the rank captain or major for military liaison teams to Georgia, Slovenia, Romania, Moldova, Ukraine, Lithuania and Estonia. Visit the military personnel flight customer service page on the Spangdahlem Air Base intranet for application information or call Tech. Sgt. Manny Martinez at 452-6553 for more information.

### Awards ceremony

The 2000 Communications Information Professionalism Awards ceremony takes place at 2 p.m. Jan. 29 in the Spang Club. Call 452-6010 for more information.

### Family practice closure

The family practice clinic, appointment line and records room closes at 11 a.m. Tuesday for training. The emergency room remains open for emergency care.

# Civil engineers dig into '01 with more than \$46 million

By Capt. Michael Geer  
52nd Civil Engineer Squadron

More than \$46 million in construction projects and repairs begin or finish on Spangdahlem Air Base and its geographically-separated units during the coming year.

"This is a very ambitious year for us construction-wise, and it continues the high ops tempo the CE squadron has maintained the past several years," said Lt. Col. Kim Traver, 52nd Civil Engineer Squadron commander. "You can expect to see a lot of dirt flying at least until the Rhein-Main initiative is completed in 2005."

A look at the cost, scope and timetable, in no particular order, follows:

## Repair airfield hazards

The \$250,000 project eliminates items on the flightline and taxiways violating airfield criteria. The project also involves installing taxiway hold signs. It began in October and is scheduled for completion in February, weather permitting.

## Build an arm and dearm pad

A \$500,000 project, phase I builds a four-ship arm and dearm pad near HAS 3051. A site visit took place in December. The design is currently underway. Construction is slated to begin in the summer. Eventually, there will be two, eight-ship pads near both ends of the flightline.

## Construct 606th ACS compound

At \$14 million, the 606th Air Control Squadron will receive new operations, electronics maintenance and vehicle maintenance buildings as well as parking lots. The design is 35 percent complete with construction scheduled to start late this year.

## Repair Hangars 1 and 2 doors

NATO funded the \$280,000 to re-align the doors and rebuild the door tracks. Work began in August and should be finished this month.

## Add to, alter refueler maintenance

Complete renovation and an addition to building 168 costs \$950,000. Construction started this month and should be finished by November.

## Restore the battery shop

A renovation to building 27 to combine the battery and generator maintenance shops is projected to cost \$450,000. Work also includes demolition of building 86. Construction is slated for the second half of the year.

## Kleine-Brogel family support center

For \$485,000, the GSU receives a new 300-square-meter family support and multi-purpose center. Completion is scheduled for February or March.

## Kleine-Brogel gym

Another \$485,000 goes toward constructing a new 300-square-meter fitness center. With 95 percent of the design complete, construction starts in the spring with about one year to finish.

## Family housing renovations

At \$2 million each, the whole-house renovation project includes expanded balconies for Bitburg Annex housing. Seven units are currently being renovated with five more to start in April or May.

## Repair basement common areas

At \$1.2 million, the work includes all common areas and bathrooms in the basements of Spangdahlem AB family housing, except those currently being renovated. Work is scheduled to begin this month and finish in January 2002.

Occupants have voiced concerns about this being an asbestos abatement project, which civil engineers assure is not the case. It's merely a basement renovation project, Travers said. The only asbestos abatement project currently underway involves basements in the Bitburg Annex family housing.

## Repair boilers, MFH heat plant

The \$1.3 million project converts coal-burning



photos by Senior Airman Jennifer Lindsey

Meyer Ferdi, an employee with Industriebau Bohlen, hammers out dents in the aluminum sign holder inside hangar one. The doors and tracks on hangars one and two have been undergoing repairs since November.

boilers to oil on Spangdahlem AB. Work began in December and should be finished by October. The actual boiler replacement takes place in the summer.

## Repair youth programs building

Restoration and additions to building 84 on Bitburg Annex costs \$1.2 million. Construction started in October and is scheduled for completion in November.

## Professional development center

A \$318,000 renovation project of the third floor of building 130 includes space for the first-term airmen's center, and NCO and officer professional development courses. Work begins this month and should be finished by July.

## Repair chapel annex

Upgrades to electrical outlets, lighting and carpet on all three floors of building 139 on Spangdahlem AB cost \$215,000. Work begins in February with completion projected in August.

## Install air conditioning in the NCC

The lack of air conditioning resulted in a number of system crashes at the network control center in the past, Traver said. To avoid similar problems, \$121,000 goes toward installing air conditioning and raised flooring in the NCC. Work should begin this month and be finished in April.

## Construct a northern perimeter fence

A \$130,000 force-protection measure, the project involves building a new road and fence along the newly acquired land northwest of Spangdahlem AB housing. It also involves removing the existing fence to allow for the expansion. Tree cutting begins this month with construction to follow. The project should be finished during the summer.

## Picnic pavilion, phase II

Another \$350,000 is slated to build covered seating next to the existing picnic pavilion near the bowling center.

## Autobahn access road

While not an U.S. forces project, the access road being built by the German Autobahn Authority broke ground Jan. 15. The road connects B-50 and Spangdahlem AB to the new autobahn. It should be finished during the fall.

Although not scheduled for completion within the next year or two, three projects totaling \$66 million are worth mentioning, Traver said.

## Repair water distribution

A \$15 million project to replace all water mains, storage tanks and the Neiderkail production well began in October. The project should be finished in April 2003.

## Build a new hospital

To build a 12-bed hospital, \$38 million has been budgeted. A weeklong design session takes place in February.

## Construct a collocated club

While still early in the design and awaiting final approval, base officials hope to build a new \$13 million facility with construction starting in the spring 2002.



Airman 1st Class Dustin Welsh, 23rd Fighter Squadron, cleans the common area in the squadron's newly completed \$5.2 million one-plus-one dormitory, building 332. The dorm ribbon-cutting ceremony took place today.



# Meeting encourages male involvement in schools

Education officials say men have different effect on students, mix of peers important to learning

By Senior Airman Jennifer Lindsey  
52nd Fighter Wing Public Affairs

Bill Wrede stoops low as he holds a coconut steady on a table not much taller than his knees. He tells the flock of curious students surrounding him to stand back as he raises a hammer and slams it into the coconut's shell, forcing it to crack open, revealing its milky-white contents to awed second graders.

After answering a few questions about the fruit, Wrede explains it's time for him to go and the teacher resumes the lesson about the tropics. As Wrede exits the classroom, the students shout, "Thank you, Mr. Bill! Come back soon!"

Wrede volunteers about four times weekly at the Spangdahlem Air Base Elementary School.

"Volunteering is fun and the children really enjoy my presence," said Wrede.

Although not quite so many hours are required, such male interaction is just what local base schools are hoping to encourage at a meeting for men and fathers of school-aged children taking place on base Jan. 30.

"We want to show dads and men who may be interested in volunteering the different ways they can help in schools," said Donna Lennemann, Spangdahlem AB Elementary School Parent, Teacher, Student Association president. "Volunteering time



Senior Airman Jennifer Lindsey  
**Bill Wrede, or "Mr. Bill" as he's known by Spangdahlem Elementary School students, breaks open a coconut for Marylee Fary's second-grade class. Wrede has volunteered at the school for four years and will speak about the benefits of school volunteerism at the Dads' meeting taking place at 7:30 a.m. Jan. 30 in the Spangdahlem AB elementary school cafeteria.**

can be as simple as coming in and reading a book to a class, having lunch with their child and speaking with the other students at the table or visiting a class to share what they do at their job or skill."

In today's politically-correct and socially-educated world, it may seem sexist for schools to have a meeting focusing on a single gender, but according to Lennemann,

the number of male volunteers in local base schools is less than that of the number of female volunteers. Male volunteers send a different and important message to students. Part of this is because from early on in life, most children spend more time with their mother and other women than the father or other men.

"When a father or man visits a class, it

makes the lesson feel more important to the children," Lennemann explained. "The effect men have on students is different than that of women. When my husband visits our daughter during lunch hour, the other students congregate and enjoy having him around just to talk — even for just a few minutes. When she comes home, she tells me about how important it made her feel and how her friends enjoyed his company."

The idea of increasing male involvement in schools began with Vogelweh Elementary School teacher, Don Armell. At the meeting, Armell will speak about the different ways men can help at schools and of its importance from personal studies he's conducted. The meeting takes place in discussion format so attendees can open share their ideas and concerns, Lennemann said. Other meeting guests include Col. Gregg Sanders, 52nd Support Group commander, a representative from the district superintendent's office and Tom Dillo, the Eifel military community school liaison officer.

"We encourage everyone to attend and see for themselves what a difference even a few minutes can make in the students day," Lennemann said.

"One of the things I love is all the students openly come up and speak with me. It makes it worth it," Wrede said.

# Unattended cooking cause 20 housing fires in 2000

Officials attribute keeping stairwells clear, fuels out of storage keys to reducing future damage

By Senior Airman Jennifer Lindsey  
52nd Fighter Wing Public Affairs

In 2000, 40 fires destroyed portions of military family housing on Spangdahlem Air Base and the Bitburg Annex.

Unauthorized storage of boxes in stairwells, improper storage of fuel and unattended cooking are to blame, said Chief Master Sgt. George Chambers, 52nd Civil Engineer Squadron fire protection flight chief.

Solving the problem is simple, according to Chambers. Holding boxes in a storage area until movers can pick them up or putting them in the recycling bins for disposal is a much safer option than storing them in a stairwell because it's the building's only emergency exit besides the windows.

Call the fire prevention flight for information on how to safely and properly store extra fuels when needed. Keeping fuels or extra gasoline for the car in personal property storage isn't only against base housing regulations, but also isn't a good idea as children often have access to storage areas and may play with it.

One such situation happened in the past in Bitburg Annex housing when some children found gasoline in the storage area and poured it on some boxes in a building stairwell and set them on fire, Chambers explained.

Of last year's 40 housing fires, unattended cooking, Chambers said, caused half.

"All cooking — whether it be frying, boiling or in whatever form — needs to be monitored at all times," Chambers said. "If the phone rings and it's not within reach of the stove, shut off the stove until you can get back to it."

Paying for fire damage is expensive, and in accordance with housing regulations, military members are responsible for payment of damages caused by fires resulting from

**52nd Civil Engineer  
Fire Protection Flight**

Call the fire prevention office concerning fire safety and the storage of fuels.

■ **Spangdahlem AB fire prevention: 452-5292**  
■ **Bitburg Annex fire prevention: 453-7641**  
Fire department emergency numbers

■ **Spangdahlem AB and Bitburg Annex:**  
**Call 61-117**

■ **Off-base or government-leased housing:**  
**Call 110**

negligence. About a year ago, a military family had to pay for the replacement of their housing unit stove and over-head cabinet, costing about \$700, Chambers said.

If a fire should happen while cooking, the first thing is put a lid on it, Chambers explained. Placing a cover on a fiery pan cuts off the oxygen and often does the trick in putting a pan fire out. If that doesn't work, use a fire extinguisher. Fire extinguishers are also good for putting out electrical, mattress or paper fires. Military housing residents without a fire extinguisher should call the fire prevention office to get one.

Military housing units also have hard-wired smoke detectors — no batteries required. Despite the lack of batteries, Chambers suggests housing residents test their smoke detectors monthly, ensuring they work and so family members are familiar with its sound in case of an emergency.

Working together to keep stairwells and storage areas clear of combustibles and keeping a watchful eye on the stove can reduce the number of housing fires caused by negligence — and potential harm to family or other housing residents.



Courtesy photo

**Firemen climb through a second-story window to put out a fire in a government-leased housing unit.**



## Community Mailbox

### Public speaking

The Eifel Toastmasters Club meets at 10:30 a.m. Saturday in the base community activities center. Also, the club now meets once monthly. Call Staff Sgt. Ethan Allen at 452-5519 for more information.

### Family support center news

■The European jobseekers networking group meets noon to 1 p.m. Monday.

■Learn basic interview skills from 1-3 p.m. Tuesday.

■Drawing lessons for third- through 12th-grade students takes place 6-8 p.m. Wednesday. Students should bring a drawing pad and a No. 2 pencil.

■A seminar on basic investing takes place 6-8 p.m. Thursday.

■The Key Spouse Outreach Program takes place 1-2:30 p.m. Jan. 26.

■Mommy and Me pre-school craft program meets 9-11 a.m. Jan. 26.

■Creative critters offers art and music lessons for pre-school children 10-11 a.m. Jan. 29.

■Book club members meet 6-8 p.m. Jan. 30 to read "Vinegar Hill," by A. Manett Manning, and "Opera House," by Elizabeth Berg.

All events take place in the Spangdahlem family support center, building 307, unless listed otherwise. Call 452-6422 for details.

### CWOC meeting

The Catholic Women of the Chapel meet at 6:30 p.m. Wednesday in the Spangdahlem Air Base Chapel Annex. Call 452-6711 for more information.

### Spelling bee

The Spangdahlem Middle School spelling bee takes place at 1:45 p.m. Feb. 8. Students who want to participate can get a word list from their prime-time teacher. The winner goes on to attend a regional spelling bee. Call Rebecca Pryor at 06562-966903.



Staff Sgt. Tim Cook

### Chance at local stardom

Leon Rivera and Bethany Blewett audition for the play, "Don't Dress for Dinner," Jan. 6 in the Spangdahlem Air Base Community Activities Center. Performances take place in March and April as part of a series of plays by ACT-Eifel and the U.S. Army in Europe Tournament of Plays.

### Ardenne march

The World War II Society in Europe co-sponsors the 82nd Airborne Ardennes march Feb. 17 in northern Belgium. The 13-mile march commemorates the heroic actions of the 82nd Airborne Division during the Battle of the Bulge, which took place from 1944-1945.

A meeting addressing trip details takes place at 11 a.m. Jan. 26 in the Spangdahlem Air Base Community Activities Center. Cost of \$59 per person includes round-trip transportation, lunch, dinner and a commemorative certificate. Payment deadline is Feb. 9. Call the society at 06507-8292 or 06507-802616 for details.

### Tutors

Bitburg High School needs tutors and mentors. To volunteer, call Bernadette Young, school volunteer coordinator, at 453-7202 or 06561-61-7938.

### Preschool play

The Bunny Club playgroup for children

up to 4 years old meets 10 a.m. to noon each Thursday in the Bitburg Annex Chapel. Call Michelle Linnen at 453-3130 for details.

### Support group

Base family advocacy considers starting support groups for people sharing similar chronic health problems, difficulties adjusting to living overseas, or for those with children who have emotional or developmental challenges.

The goal is to help people through challenging times in life by sharing experiences and mutual understanding. Call 453-3128 or 452-8279 for more information or to register.

### Honor guard

Recruiting continues for people willing to serve with this elite organization. Call Tech. Sgt. Malik Sultan or Staff Sgt. Jeanna Morgan at 452-6783 for more information.

### Education office

■Embry-Riddle Aeronautical University

seeks math, technical report writing and safety instructors. Call 452-7553 for more information.

The education office offers free walk-in counseling 7:30 a.m. to 4:30 p.m. each Monday through Thursday and 10 a.m. to 4:30 p.m. each Friday. Call 452-6063 for more information.

### Parent support

"Mentoring Moms and Parenting Partners" is a support program teaming experienced parents with new parents who would like someone to go to for advice. Call Dr. Suzanne Furman at 452-8279 or Becky Johnson at 452-6881 for more information.

### BHS conferences

Bitburg High School parent/teacher conferences take place 8 a.m. to 5 p.m. Feb. 2. Call the student affairs office at 453-7937 or 453-7202 to schedule an appointment. Copies of student report cards will also be available through the SAO that day.

### SMS celebration

The Spangdahlem Middle School "Inauguration Ball" takes place 6-9 p.m. Thursday in the Spangdahlem Air Base Communities Activities Center. Call 452-7205 for details.

### Parenting help

The base education developmental intervention services program parenting class for parents of children from 2 to 12 years old begins at 4:30 p.m. Feb. 7. The course continues at 4:30 p.m. each Wednesday through Feb. 28. Teachings are adapted from the book, "1-2-3 Magic," by Dr. Thomas Phelan. Call 452-8238 to register or for more information.

### Scholarship

The Bitburg High School Scholarship Committee accepts applications for annual scholarships beginning Jan. 31. Applications will be available at the school office the same day. Submission deadline is Feb. 28. Call 453-7937 for details.

## Movies

All movies play at 7 p.m. unless otherwise indicated.

### Bitburg Castle

Tonight

#### Proof of Life (R)

With her husband, Peter, kidnapped, Alicia retains the services of a freelance negotiator named Thorne who mounts a bold operation to rescue Peter that could as easily result in disaster as in triumph.

Saturday

#### Proof of Life

Sunday

#### Vertical Limit (PG-13)

A young climber must launch a treacherous and extraordinary rescue effort up K-2, the world's second highest peak, to save his sister and her summit team in a race against time.

Closed Monday and Tuesday

Wednesday

#### Vertical Limit

Thursday

#### The Exorcist (R)

Doctors are fearful of a young girl's illness as it appears to have reached beyond the physical and into the spiritual. Her mother calls a priest, but even he doubts evil has come into their home, into her body. And the more he doubts, the more powerful it becomes. There is only one cause, and only one hope for a cure. NOTE: Re-Release of the original 1973 movie. (Strong language and disturbing images)

### Spangdahlem Skyline

Tonight

#### What Women Want (PG-13)

Nick gets a whole new outlook on life when a fluke accident gives him the ability to read women's minds. Despite his best efforts, he soon finds himself falling in love and ultimately understanding what women want.

Saturday

#### What Women Want

Sunday

#### Billy Elliot (R)

The life of 11-year-old Billy Elliot (Jamie Bell) a coal miner's son in Northern England, is forever changed one day when he stumbles upon a ballet class during his weekly boxing lesson. Before long, he finds himself in dance, demonstrating the kind of raw talent seldom seen by the class's exacting instructor, Billy Elliot, the triumphant story of one boy whose unexpected love of dance helps him to overcome poverty and prejudice, and ultimately achieve his dream. (Language)

Monday

#### Billy Elliot

Tuesday

#### The Contender (R)

A U.S. Senator whose bid for the vice presidency is jeopardized when another senator digs up a sexual scandal from her past. (Strong sexual content, language)

Closed Wednesday and Thursday

Times and movies are subject to change.  
For the most current information,  
call 453-7541.

# ADAC operates similar to AAA

## Auto club prevents car trouble from turning into driver breakdown

By Iris Reiff  
52nd Fighter Wing Public Affairs

Vehicle breakdowns and accidents are a part of the driving experience and can be expensive, so many drivers join clubs offering roadside assistance and discount towing services.

One such organization is the American Automobile Association, which isn't valid in Germany. So what can Americans stationed here do for automotive help should their vehicle breakdown or they get into an accident? Call ADAC.

ADAC assists members with 24-hour road assistance. In the case of an automotive break down, an ADAC mechanic can come out and check the vehicle. If the problem can't be fixed on the spot, the club tows the vehicle to the nearest suitable garage free of charge. In Germany, towing is very expensive — this is reason enough for many Germans to become ADAC members.

The ADAC automobile club offers many services including:

#### ■Medical emergency airlift

Call the ADAC emergency helicopter by dialing 110 or 112 for immediate transportation to a hospital.

#### ■Damage deductible reimbursement

ADAC covers members' deductibles for damage caused by collision with deer. The amount of compensation depends on length of membership.

#### ■Comprehensive protection

In addition to a regular membership, ADAC offers a comprehensive protection package, called ADAC Plus Membership, which covers the whole family. The package



Courtesy photo

ADAC representatives are recognizable by their yellow uniforms.

covers medical repatriation and medication costs, hospital visits, escort service for children, alternative driver costs, an interpreter, premature return from a journey due to an emergency (in Europe), accommodations, replacement of documents, replacement of a car, car key services, spare parts service, transportation and more.

ADAC can help plan trips by providing computer printouts of the most convenient and shortest routes, in addition to providing traffic information and road condition reports. For members who have access to DeTeMobil C and D1 mobile networks, ADAC's computer-assisted information service can be called 6 a.m. to 10 p.m. daily.

The club also offers traffic safety classes and information for adults and children and bicycle tournaments for youngsters. Special

safety programs are offered to senior citizens.

The closest ADAC office is located on Fahrstrasse 3, Trier, in the pedestrian zone, near Europe Halle. Call the ADAC office at 0651-9941033.

Standard membership fees run between 74 DM and 139 DM. There's also a 4 DM registration fee.

To register, visit a local ADAC office, sign up through the ADAC home page at [www.adac.de](http://www.adac.de) or register through a friend who is also an ADAC member. A membership fee bill will be sent in the mail and upon payment, new members are eligible for ADAC services. New members also receive a membership card that should always be kept handy for services.

Call the Trier ADAC office at 0651-9941033 for more information.



## Out and about



■Listen to jazz music by George Ruby Village Zone at 8:30 p.m. Jan. 27 at the Wittlich Saal Kaiburg.

■Listen to hard rock music by Luxus-Concerts Reel Big Fish and Raskop Rails at 8 p.m. Tuesday in the Trier Exzellenzhaus located on Zurmaiener Strasse.

■Dance at the Tempo90 drum and bass night at 9 p.m. Sunday in the Trier Exzellenzhaus, located on Zurmaiener Strasse.

■"Swan Lake," the renowned ballet by Peter Tschaiakowski, takes place Sunday at the Trier city theater. For tickets, call the Trierischer Volksfreund Press center at 0651-145990.

■Listen to a classical concert by the Prisma Ensemble Jan. 28 in the Bitburg Beda Haus cultural center. Scheduled

are compositions by Farkas, Klein, Beethoven and Mozart. Admission is 18 DM for adults and 9 DM for students. Call 06561-96450 for tickets.

■Visit a flea market Sunday inside the Dreis Drey's hall; along the Zeltingen Mosel shore; in the Bitburg Hela parking lot; inside and outside the Pruem market hall; inside and outside the Koblenz Messe hall, located on Wallersheim Kreisel; and in front of the Kaiserslautern Real (multi-center).

■See original art by Picasso during an exhibition through Jan. 31 in the Salle Saint-Georges art hall, in Liege, Belgium. The exhibition opens 2-6 p.m. each Monday, 9 a.m. to 6 p.m. each Tuesday and Sunday and 7-10 p.m. each Wednesday. The entry fee is 300 Belgium Francs, which is about

\$8. A Picasso catalogue costs 950 Belgium Francs or about \$26.

■Reserve tickets now for the Rocky Horror Show, Jan. 26 in the Trier Europa Halle. For tickets, call the Trierischer Volksfreund Press center at 0651-145990.

■Listen to rock music by the Red Sky Coven Band at 8 p.m. Jan. 28 in the Trier Tuchfabrik cultural center. For tickets, call the Trierischer Volksfreund Press center at 0651-145990.

■Learn about bears and teddy bears at an exhibition through April 22 in the Luxembourg city nature museum, located on 25, rue Muenster. For details visit [musee-info@mmhn.lu](mailto:musee-info@mmhn.lu) or call 00352-4622331.

■Reserve tickets now for concerts by Paul Young, Feb. 6 and Snails

House, March 10. Both events take place in the Kaiserslautern Kammergarn cultural center. For tickets, call the Trierischer Volksfreund Press center at 0651-145990.

■Reserve tickets now for the Best of Andrew Lloyd Webber concert taking place Feb. 15 in the Trier Europa Halle. For tickets, call the Trierischer Volksfreund Press center at 0651-145990.

■See a series of paintings by the artist Horst Antjes through February in the Wittlich Georg Meistermann museum. The art display opens 10 a.m. to noon and 2-5 p.m. each Tuesday through Friday, and 2-5 p.m. each Saturday and Sunday. The museum is located inside the Rathaus (city hall) in the main pedestrian area.

■DJ Bobo concert

takes place May 2 in the Oberwerth sports hall. For tickets, call the Trierischer Volksfreund Press center at 0651-145990.

Information, Tickets and Tours offers the following tours in January. Call the Spangdahlem Air Base Community Activities Center at 452-6567 or the Bitburg Annex community center at 453-7120 for details.

■Cochem castle and medieval dinner, Saturday, \$65.

■"Colors of Dance" ice show, Saturday. Cost varies.

■Paris express, Saturday, \$89 for adults, \$75 for children.

■Black Forest express, Jan. 27, \$55 for

adults, \$40 for children.

■Dinner and wine probe, Jan. 27, \$35 per person.

The outdoor recreation program sponsors the following trips in January. Outdoor recreation is no longer open during the weekend. Winter hours are 10 a.m. to 6 p.m. Monday through Friday. Call 452-7176 for details.

■Snow shoe trip, Saturday, \$25. Minimum age is 16 years old.

■Underground mountain biking, Sunday, \$30 for biking, \$50 for biking with two-hour spa visit.

■Snow bus special to Feldburg, Jan. 27-28, \$90 per person. Minimum age is 14 years old.



# Lady Barons cling to undefeated season

By Denny Lemmon

Bitburg High School girl's basketball coach

Bitburg High School's girl's basketball team picked up where it left off before the holiday break, undefeated, after taking two games from Vilseck this past weekend.

Despite a six-hour trek across Germany, the team extended its record to 5-0. The Lady Barons won 42-25 Jan. 12 and 60-32 Saturday.

In game one, the Lady Barons dominated the first half 23-4. A stifling full-court press kept the Lady Falcons scoreless throughout the first quarter. Despite some missed easy shots off steals in the transition game, junior Crystal Bessler scored a career high 25 points, 15 of those in the first half. She also had 10 rebounds, one assist, one blocked shot and three steals.

With a 19-point halftime lead, the Lady Barons let up a bit in the final two quarters. The Lady Falcons managed to

break the press, hit their free throws and actually outscored the Lady Barons 21-19. A strong first half allowed the Lady Barons to hold on for the win.

Constance Maziel led the team in steals with 11, while Kimberly McLear had nine. McLear led the team in assists with five.

Despite a pre-game pep talk, concerning second-half miscues the night before, the Lady Barons found themselves trailing 8-0 in game two before they finally scored. Bessler turned up the scoring with eight points to boost the team to a 17-8 lead by the end of the first quarter.

The Lady Barons continued to pressure Vilseck and outscored the Lady Falcons 19-7 in the second quarter.

With a 33-15 lead at the half, the Lady Barons continued their onslaught throughout the second half, winning 60-32.

This victory was more satisfying for the coaches than the night before. A balanced scoring attack led by Bessler and

Maziel with 16 points each was a key factor in that satisfaction. Brittany Sanders scored 11, Wesley Canada eight, McLear six and Janise Russ three. The Lady Barons made 27 steals, led by Sanders and McLear with six each. Canada and McLear led the team in assists with six and four, respectively.

Bessler led the team in rebounding with eight. She also shot seven of 11 from the field for a 64 percent. Sanders and Maziel each contributed five rebounds.

At 5-0, the Lady Barons put their run at an undefeated season on the line tonight as they play the Kaiserslautern Lady Red Raiders. The Lady Red Raiders are the defending European champions. The game takes place at Kaiserslautern with the junior varsity taking the court at 6 p.m. followed by the varsity game at 7:30 p.m.

## Sports shorts

### Fishing

The German and American Fishing Club invites members and non-members with German fishing licenses to fish in the club's trout pond near St. Thomas 9 a.m. to 1 p.m. each Sunday.

Each fish caught costs only 3.50 DM during the Sunday hours. License holders are reminded one non-licensed person can fish as a guest; however, any fish caught counts toward the licensed members total.

For more information, call 06565-94094 or Tech. Sgt. Rich Romero at 452-5244.

### Dart tournament

The German and American Dart League tournament takes place at 6 p.m. Jan. 27 in the Saber Club. Entry fee is \$5. Registration begins at 5 p.m. Call 06565-942227 for details.

### Youth leagues

The Eifel Youth Bowling League seeks youth, ages 5-18, to join the team. Call Terrie Nelson at 06575-959654 or visit the bowling center for details.

### Volunteers

The base intramural basketball program needs volunteer scorekeepers, timekeepers and officials for the upcoming season. To volunteer, call 06575-8495.

### DOD jump-starts NFC Championship

**SAN ANTONIO** — The Defense Department showed off its own joint services "team" Sunday prior to the start of the National Football League's conference championship game between the New York Giants and the Minnesota Vikings.

A "purple suit" force of people from the different armed services took part in a variety of pre-game activities at Giant's Stadium in East Rutherford, N.J., including a jet aircraft formation flight over the stadium, a color guard and a parachute drop.

More than 78,000 football fans were in the stadium when a joint service Color Guard from the New York City Military Entrance Processing Station at Fort Hamilton in Brooklyn posted the colors at the game.

The game ball arrived at the stadium via a four-person joint service parachute team from the U.S. Special Operations Command at MacDill Air Force Base, Fla. (Air Force Print News)



Senior Airman Jennifer Lindsey

**Just one more**  
Right, Tech. Sgt. Gary Marsh, 52nd Equipment Maintenance Squadron, squeezes out one more repetition on a nautilus machine at the base fitness center. Combining strength training, with aerobic activity and eating a healthy diet is key to controlling weight and maintaining a strong body. For more on personal fitness and nutrition, call the Health and Wellness Center at 452-9355.

## Moderation ensures healthy food choices

By Frankie Cox  
437th Medical Group

**CHARLESTON AIR FORCE BASE, S.C.** — Proper nutrition and physical activity are important at every stage of life, so healthy eating and exercise go hand-in-hand with good health.

All foods fit into a healthful eating plan. There is no "bad" food — all foods can fit. Make sure you consider variety, balance and moderation as keys to eating healthy.

It is important to eat a wide variety of foods because no one food or food group supplies all the nutrients your body needs. Each week try one new food or recipe. When eating out, order something you've never tried before.

Having a good balance of your nutrient intake means eating enough, but not too much. Moderation means controlling the number of calories along with your intake of total fat, saturated fat, cholesterol, sodium, sugar and alcohol.

Choose nutrient-dense foods that are flavorful and ones that match your own preferences, needs and lifestyle — even if and when your life and family situation changes.

It's important to balance healthful eating and physical activity. Each day participate in a physical activity. At least 30 minutes a day is recommended, but it need not happen all at once. Think about ways to incorporate more activity into your life. Even a few small changes in your eating and exercise habits can make a bit difference in personal fitness.

Fit exercise and physical activity into your daily routine by using the variety, balance and moderation keys:

**Variety:** Try different types of physical activities because you use different muscle groups.

**Balance:** Use weight bearing activities to strengthen bones, stretching and bending for flexibility, resistance exercises for muscle strength and aerobic activities for cardiovascular endurance.

**Moderation:** Have a minimum goal of 30 minutes of moderate-intensity physical activity during the course of the day, on most, if not all days of the week.

Learn and acquire eating and physical activity habits you can live with for a lifetime. Gradual changes

for health are often easier and more effective in the long run than trying to change everything at once. Take one month at a time — or even one-day at a time.

According to the U.S. Department of Agriculture, there are 10 guidelines that point the way to good health.

### Aim for fitness

■ Aim for a healthy weight

■ Be active each day

### Build a healthy base

■ Let the Food Pyramid guide your food choices

■ Choose a variety of fruits and grains daily, especially whole grains

■ Keep food safe to eat

### Choose sensibly

■ Choose a diet that is low in saturated fat and cholesterol and moderate in total fat

■ Choose beverages and foods that limit your intake of sugars

■ Choose and prepare foods with less salt

■ If you drink alcoholic beverages, do so in moderation

(Air Force Print News)